

Abstract

Title: Comparison of fitness abilities of tennis players in different performance categories in the junior category.

Objectives: The main objective of this work was to compare and evaluate the results that we obtained by measuring the three groups of probands in different performance categories. As a secondary goal, we have compiled a fitness test battery, which was specific for tennis game for its content .

Methods: In our study we used the method of comparative analysis. This method was applied in the comparison of individual tests and procedures. We compared the mean values between groups and individual performance tested.

Results: We found out that the average performance in each group (except the test of explosive power of the lower limbs) corresponded with their level of game performance. Individual performances of the first group, however, did not reflect the position in the national ranking. All measurements are graphically elaborated in the results section of the work.

Keywords: testing, fitness abilities, tennis